

The relationship of Recreational Activities, push up, sit and reach test of School Male Gymnastic Players Of Uttar Pradesh

Pramod Sikoria

Phd Scholar
Singhaniya University

Prof. Rakesh Dubey

Supervisor / Guide
Singhaniya University

Introduction

The term recreation appears to have been used in English first in the late 14th century, first in the sense of "refreshment or curing of a sick person" Lean *et al.* (2005) and derived turn from Latin (re: "again", creare: "to create, bring forth, beget."). Sports and recreation programs for young people often provide a vehicle for improving educational engagement, academic achievement, and job-readiness; reducing antisocial behavior; and providing avenues for more positive types of risk taking Nichols (2007).

Remote communities, there is often limited infrastructure and programming of provide leisure and other purpose at times leading to engagement in unhealthy or negative activities SACSI (2007). The evidence suggests that providing locally relevant sports and recreation programs can be useful in building a sense of purpose, hope and belonging in lees communities. In Ruhanen and Whitford (2011), outdoor recreation's contribution to health can be considered in the context of wellness. The World Health Organization (2003) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition moves from a strictly medical model of health toward the concept of well-being.

Healthy communities are communities in which people have the physical and mental health and wellbeing needed to conduct their daily lives. The purpose of this paper is to review the available evidence of a range of sports and recreation programs in relation to their effects on supporting and building healthy communities. Participation in these activities is also seen as a protective factor against substance abuse, self-harm and other negative behaviors ACER (2011). Outdoor recreation contributes to wellness mostly through prevention, and the most beneficial outdoor pursuits are those that become part of one's life, done on a regular basis. Many participants embark on a career in a particular activity, becoming more devoted to it and adapting their participation to changing life circumstances e.g. Bryan (1990) Participating in sports and recreation programs is enjoyable for most people, providing opportunities to build physical and social skills and develop friendships. This makes sporting and recreation activities useful for engaging people in programs that aim to build other skills or promote health goals such as increasing life expectancy, which of themselves are of less intrinsic interest Cunningham and Beneforti (2005).

Materials and Methods

This research was conducted at Jhansi Uttar Pradesh for three consecutive months from November to January. The purposive sampling techniques was used to select the subjects from secondary school male Gymnastic players Uttar Pradesh who participated at district/school level and above, 80 school male Gymnastic players age range 16-19 years old will be select for the study purpose

The materials used for this experimental field study were; step box, measuring tape, balance scale, stop watch, volleyballs, footballs, jumping rope and table tennis.

Both primary and secondary source of data were used for this study, so the primary data were obtained from the experimental variables according to the designed physical fitness tests and secondary data were obtained from different documents, journals, books, internet sources and unpublished booklets research work was focused on experimental field study within 12 weeks of active recreational activities on improvement of 12 min Run. A single subject design was used for this research study. A single subject design is an experimental or longitudinal design in which measurements are taken repeatedly before, during and after an intervention. The researcher selected (N=40) students with age group of 16-19 years old through required parameters of purposive sampling technique. The pre, training physical fitness tests of 12 minutes run test were given in November 1st. After pre training tests, regular trainings of walking, jogging, rope jumping, table tennis, volley ball, football 1.2

km walking, Observing nature, bird observation, small mountain climbing, admiring nature and other warming up and stretching exercises were given up to December 14th. During (mid) training physical fitness tests of 12 minute run test were given on 15th of December then regular training continued up to the end of third month and post training tests were given in January 1st. Indeed the role of active recreational activities on improvement of physical fitness components among secondary school male Gymnastic players of Uttar Pradesh who participated at district/school level and above were studied according to work plan. Principle of progression was kept in mind on intensity, frequency and time during training session.

Results and Discussion

The purpose of this study was to investigate the role of active recreational activities on improvement of push ups and sit and reach test among secondary school male Gymnastic players of Uttar Pradesh .The results of those variables were discussed as follows

Mean and Standard Deviation Values of Push Up Test (Pre, During and Post Test) Result of Study Subjects

Experimental group			
Variable	PT Mean ±SD	DT Mean ±SD	POT Mean ±SD
PUPT	7.1500±2.1	16.3750±2.734	28.0000±3.013

Mean and Standard Deviation Values of Sit and Reach (Pre, During and Post Test) Result of Study Subjects

Experimental group			
Variable	PT Mean ±SD	DT Mean ±SD	POT Mean ±SD
SRT	6.2125± .88497	9.135±1.06712	12.400±.97402

Mean and Standard Deviation Values of 12 Minutes Run Test (Pre, During and Post Test) Result of Study Subjects

Experimental group			
Variable	PT Mean ±SD	DT Mean ±SD	POT Mean ±SD
TMRT	1.5022± .06403	1.6275 ±.05768	1.7925±.6299

The Mean Difference Value and Significance Level of Each Test Result of the Parameters

Variables	Para. (I)	Para. (II)	MD (I-II)	F	Sig.
Push up test	PoT	PT	20.85	17.032	0.000
	DT	11.625		0.000	
Sit and reach test	PoT	PT	6.1875	12.559	0.000
	DT	3.265			0.000

The above showed that there was significant mean difference in push up test, in sit and reach test results. The mean difference value for push up test from pre to post was recorded 20.85 and in between during to post it was recorded 11.625. For sit and reach test the mean difference value from pre to post 6.18 and from during to post 3.265. mean difference was recorded from pre to post and during to post respectively. The calculated F value was also found greater than the required value. This proved that there was significant difference in the result of push up. In the same manner sit and reach test also have significant difference because the calculated F value was found more than the required value after the 12 weeks of recreational activities.

Summary, Conclusions and Recommendations

Summary

The study assessed the role of active recreational activities on improvement of push ups and sit and reach test among secondary school male Gymnastic players Uttar Pradesh who participated at district/school level and above. In this study, the role of active recreational activity programs on the improvement of selected physical fitness components; (Flexibility and muscular endurance) were investigated. The dependent variables selected

for the study were muscular endurance, and flexibility. Experimental measurements used were; push up test, and sit and reach test with in 3 time intervals (pre, during and post test) each.

The data were collected; before the training program was started, one and half month during training program and at the end of 3 months training program. Finally the recorded data were analyzed by ANOVA with repeated measures with significance level of 0.05%. Final result of the study summarized and demonstrated that the results of pre to post training tests showed a significant and progressive improvements in selected health related physical fitness components of the subjects.

All in all, due to the remarkable improvements seen in all the component variables tested, we can conclude that; active recreational activity played a great role on health related physical fitness performance of study subjects.

Conclusions

Based on the major findings of the study the following points were stated as a conclusion.

- The result of the study showed that active recreational activities bring a significant benefit on improvement of muscular endurance performance.
- The finding of this study yields a significant benefit on improvement of flexibility performance.

Recommendations

Based on results, discussions and findings of the research done on the role of active recreational activities on improvement of selected health related fitness components; the following recommendations were made.

- Since the goal of Indian ministry of education is producing physically and mentally productive man power and active recreational activities are a key solution; they should give big attention for it.
- Physical education teachers, coaches, health professionals, and school leaders should be aware to understand, formulate and implement more effective strategies of promoting active recreational trainings and equipments.
- Curriculum developers and policy designers should concentrate on active recreational activity programs, equipment and facilities that support active living for all students.
- Physical education teachers and coaches should make their training session through active recreational activity depending on training principles.

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